

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 20

Marine Corps Logistics Base Barstow, California

March 29, 2001

CO's CORNER

Page 2

Recycling

Base takes a new
"co-mingled" approach.

Page 4

Around the Corps

The truth about Blount
Island Command.

Page 8

Post Season Awards

Who talked the most
trash, and who played
the best ball?

Page 12

Spring Forward

remember to set your
clock one hour forward
midnight Saturday



Photo by Lance Cpl. Joshua Barnhardt

Col. Mark A. Costa, base commander, signals the beginning of the celebration by presenting a bottle of sparkling cider to an ecstatic crowd during the A-76 announcement at the Oasis Club Tuesday morning. All in attendance were held in suspense until Costa's official statement initiated sighs of relief.

MCLB awarded tentative A-76 decision

By **GySgt. Frank Patterson**
Public Affairs Chief

MARINE CORPS LOGISTICS BASE BARSTOW, Calif. – Another shot in the A-76 battle sounded March 27 as the base commander, Col. Mark A. Costa, announced to personnel here that a tentative decision was made to retain the government work force.

During the past two years, the base has undergone study to determine if significant savings are achieved by turning some or all of the base's facilities maintenance, transportation and internal supply activities over to a commercial provider.

The study is termed "A-76" because it comes from the Office of Management and Budget Circular A-76 — a government-wide regulation that provides the regulatory policies regarding competitive sourcing.

Under the A-76, certain functions under the base's Installation and Logistics Department were evaluated to determine if those functions could be handled in a more cost-effective manner by contracting them out to a private party or by retaining the work with a reorganized federal work force. The initial study announcement made in April 1999 opened 262 military and civilian positions up for study and was amended that August adding another 92 bringing the total positions studied to 343. Some of the positions under study include real estate management,

planning facility design and construction, utilities, maintenance and repair, and supply and transportation.

The tentative award announcement is the proverbial "light at the end of the tunnel" in the process. It is not the end of the tunnel, but it is a very bright light.

The next phase is the Public Review Period in which parties affected by the tentative decision may review the public documents of the decision and appeal the decision to the Administrative Appeal Authority: Maj. Gen. Paul M. Lee, Commander, Marine Corps Materiel Command. Appeals must be submitted through the contracting officer at Southwest Division, U.S. Naval Facilities Engineering Command, San Diego. Because of the complexity of the study, the Public Review Period is 30 days from the time that all supporting documentation is made publicly available to eligible appellants.

Eligible appellants are defined as any person or organization that is affected by the tentative decision. In-house employees, their representatives, contractors who have submitted formal offers, and non-selected contractors may all file appeals.

Of all the Marine bases originally announced in April 1999, MCLB Barstow is the first to reach a tentative award decision. The base continues to "walk point" for the Marine Corps, pioneering a trail of success for others to follow.



Congratulations on the recognition that has been given to the Most Efficient Organization effort presented by Marine Corps Logistics Base, Barstow. I realize this was a pressure-ridden process and being the first base in the Marine Corps to undertake it has presented its own special challenge. You met that challenge and presented some options that were not easily arrived upon, but those options have competed well. The ultimate impact is not yet known, but we do know that it will be a different scenario. We also know that we still have a

mission to accomplish and it is clear that we cannot do it without the commitment of our Marines and of our dedicated civilian Marines. I am confident you will prove the logic of this decision by making a success story out of the MEO and also, by taking care of all personnel impacted by this result. It is the Marine Corps way. I ask all the members of the Barstow Team to stay the course until the final decision, be encouraged by the confirmation of the MEO and continue to be the example of professionalism to the other bases of the Corps.

RS Kranke

Brigadier General, Marine Corps Logistic Bases, Commanding

40th Anniversary!

MCB receives ISO 9000 certification and opens tactical vehicle test track. See Pages 8 and 9 for more.



Photo by Curt Lambert

THE CO'S CORNER

The "CO's Corner" is a tool the Base Commander uses to open the lines of communication from the command deck to all personnel and to disseminate essential information as rapidly as possible.

MEMBERS OF THE LOGISTICS BASE COMMUNITY, I just finished reviewing the figures used to determine the tentative decision on our A-76 Study.

I now reflect on the result with mixed emotions, as do many of you.

Over two years ago, we set a course that brings us to this point in time. Nearly two years ago, I stood before the members of the Installations and Logistics Department and formally notified them of the start of our A-76 Study.

At that point, none of us truly knew what the future held.

Since then, we saw many of our proud and faithful coworkers leave our ranks. We now take another giant step toward our goal of Barstow 2002 and a transformed workforce.

I cannot express the pride I have in the effort TEAM BARSTOW has made to date.

TEAM BARSTOW includes: the members of the commercial activities (CA) Team; the specialists in our HRO; the members of the front line workforce who participated in the off sites or provided their input, our consultant; our Quality Management Office; the PAO staff; and the many Marines and civilian Marines not assigned here, but part of our team.

The collective effort resulted in our "Walking Point" for the Marine Corps in the A-76 effort; an effort blessed with hard earned success.

The team prepared a comprehensive Performance Work Statement (PWS) that will sustain the base operations into the

future; this was the foundation of our effort.

I believe that PWS will prove to be the standard of performance that will ensure our tenants will be capable of providing sustained logistics support to the armed forces, other federal agencies as well as our Marine Operating Forces.

Next, our team effort produced a most efficient organization (MEO) that revolutionizes the way we will do business.

Then we competed head-to-head with the best in industry to give the government the best value alternative.

Our efforts in that competition were successful.

Although the decision at this point is tentative, I am confident that the final decision will prove that our MEO is the preferred alternative.

As we take this opportunity to congratulate ourselves, we must focus on the work still to be done. As General Kramlich reminds us, we still have our mission to perform.

Also, we have the transition to MEO and taking care of those in our ranks that are directly affected.

Our previous commander, General Jack Davis' guidance rings true for the months ahead, "mission first, people always."

Let me once again say that I am proud to be your commanding officer, our best efforts are still before us.

Together we have and will make a difference.

Stay the course, stay informed, and stay involved.

THE C.O. SENDS.

Dead Plants, New Roots

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



My wife called me the other day to tell me that some flowers that she had planted several years ago (which had died) had bloomed again after the recent rains.

Those flowers made me think of our spiritual lives.

At times, it feels like our spiritual lives have become dead. I do not believe that our spiritual lives become dead, but they may become

dormant. We need to look for rain for our spiritual lives to bloom again.

The rain of forgiveness, grace, understanding, compassion, acceptance, etc., are all things that we need to experience to grow spiritually.

God promises us forgiveness if we come to Him. Psalm 130:3-4 states, "If you, O Lord, kept a record of our sins, O Lord, who could stand? But with you there is forgiveness; therefore you are feared."

It is never too late to bloom again, but we need to go where the rain is for us to grow. It is my hope and prayer that we will all seek the rain to grow.

Blessings,
Chaplain Krupnik

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

**Confession services
before Mass**

Nebo Bible Study

Wednesday Noon-1:30 p.m.

At the Chapel Office

For more info call
577-6849.

Yermo Bible Study

Wednesday 11-11:30 a.m.

At the Colonel's Workshop

For more info call
Don Brooks, 577-7165.

NAVY/MC RELIEF EVENTS

I see ice cream

The telephone communications section is having an ice cream sale benefiting the Navy/Marine Corps Relief Society Wednesday, from 10 a.m. to 2 p.m. at Building 15A.

A multitude of flavors of ice cream will be available. Building 15A is located between Building 15 and the Fire Department. For more information call Sgt. Joseph Wynne, 577-6414.

Bunny surprise

The Information Systems Branch is offering Bunny deliveries April 9-12 throughout the base.

A small bunny surprise will be delivered by another surprise bunny to the person of your choice for a \$5 donation to the Navy/Marine Corps Relief Society.

Deliveries can be coordinated through the ISO helpdesk, 577-6780.

Just doing my job ...



Photo by Sgt. Brian Davidson

Michael Eustice, Installation and Logistics electrician, installs an uninterruptable power supply to support computer systems in Building 15 in the event of a blackout. Eustice began his 30-year career in the Navy.



Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer
Public Affairs Staff

Public Affairs Officer/Executive Editor:
Public Affairs Chief/Managing Editor:
Press Chief/Editor:
Correspondent:

PA Support Clerk:

Bill Bokholt
GySgt. Frank Patterson
Sgt. Brian Davidson
Cpl. Cory Kelly
LCpl. Joshua Barnhardt
Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

This newspaper is an authorized publication for members of the Department of Defense. Contents of **BARSTOW LOG** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. **BARSTOW LOG** is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

BARSTOW LOG is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. **BARSTOW LOG** is produced at Aerotech News and printed at Antelope Valley Press in Palmdale, Calif. Printed circulation is 3,500.

For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.

NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

March of Dimes WalkAmerica

Barstow's 25th annual March of Dimes WalkAmerica - Saving babies together, starts at Kennedy Middle School, 1000 Armory Rd., in Barstow April 28 at 8 a.m.

This year's theme is, "Don't think you're a hero?"

Registration begins at 6:30 a.m. Walkers, strollers and runners may choose between two- and eight-mile routes.

There will be a 25-mile route if enough people request it and pre-register by April 5.

To volunteer to help local organizers or for more information about participating, forming teams, pledge sheets, etc., call Nancy Nelson, 252-3149 or Jerry Filtz, 253-3483.

Youth education program

The Drug Education for Youth program has made its way to Barstow. The first phase of the program, a two-week summer leadership camp is scheduled June 18-29.

The DEFY program began as a special initiative by the Secretary of the Navy in 1992 when the Navy Drug Demands Reduction Task Force was established. The year-long, two-phase program focuses on the character, leadership skills and confidence of youths 9-12 years of age, and encourages positive, healthy and drug-free lifestyles. The first phase leadership camp in April is designed to develop life skills training in peer group leadership, conflict resolution, preemptive prevention tools for an anti-drug and anti-gang attitude, self confidence and physical education.

The second phase is a ten-month program that matches youths with mentors to reinforce the lessons and expand

the skills learned during the first phase. For more information on how to volunteer for the summer leadership camp of the mentor program call the Chaplain's office, 577-6849, or Gunnery Sgt. Bruce E. Raymond, 577-6364.

Hinkley Explorer Egg Hunt

The Hinkley Fire Explorers Post #125 is sponsoring an Easter Egg Hunt and lunch April 14 from noon to 2 p.m. at the Hinkley Fire Station.

There will be prizes and drawings as well as food and fun for the whole family.

For tickets and information, call 253-7704.

Spring Break Out Craft Fair

The Spring Break Out Craft Fair 2001 is coming to the Barstow Mall. It will be here tomorrow - Sunday.

Children can get their picture taken with the Easter Bunny while the parents can see the displays of the craft vendors.

For more information, call 253-4646.

MCLB Egg Hunt

The Provost Marshal's Office and the MCLB Fire and Emergency Services Division presents a free Easter Egg Hunt April 13 at 9 a.m. at the playground at the end of Cape Gloucester in Family Housing.

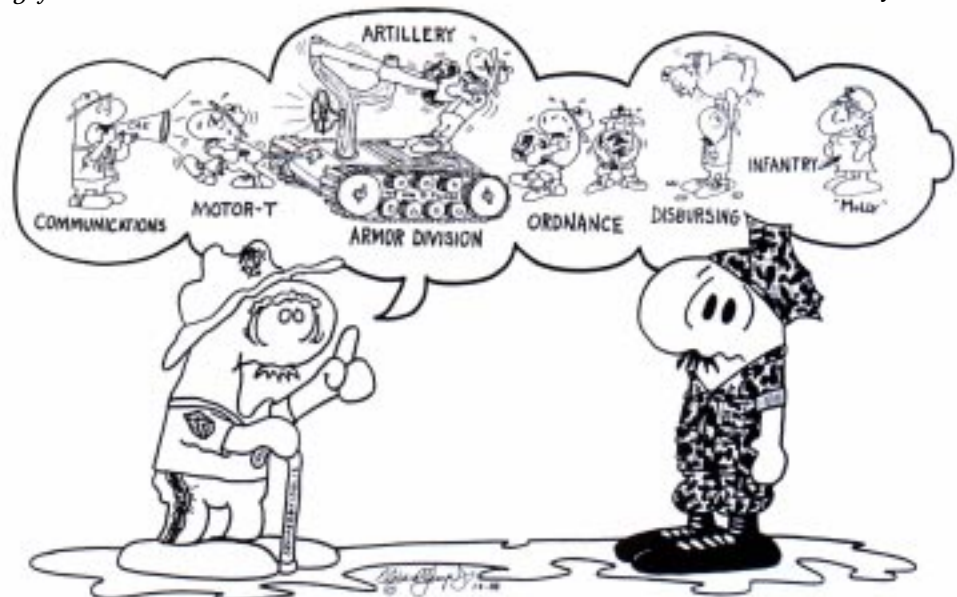
There will be prizes and fun for the whole family. Children can participate in the egg hunt in three age groups: 1-4, 5-9 and 10-13. For more information call Sergeants David J. Meeden, Melvin D. Miller or Efrain Sotelo III, 577-6049/6514.

McKinney Play Day

The McKinney Youth Activities Center hosts a play day for Marine,

101 things you should never ask a Marine to do

By E. Temple



Never ask an old Marine to tell you about the OLD CORPS.

Army and Navy children six and under every Wednesday from 10 a.m. until 11:30 a.m.

It gives children a chance to play with others their own age and families a chance to meet. For more information, call June Treadwell at 577-6332.

Scrap wood giveaway

The Defense Reutilization Management Office at Edwards Air Force Base is giving away scrap wood. The wood is available on a first-come, first-served basis.

There is no limit on the amount of wood which may be taken.

For safety reasons, guests are not permitted to climb or walk on top of the woodpile. The public is reminded to wear gloves, appropriate clothing and shoes.

For more information call (661) 277-220.



Photo by Lance Cpl. Joshua Barnhardt

Gunnery Sgt. Bruce Raymond, the substance abuse control and equal opportunity officer on base, shows off both sets of his wheels. The newest set is his brand new mountain bike that he won through the Navy/Marine Corps Relief Society drawing on base. There are three more drawings left, so buy your tickets to be eligible for the prizes.

Navy/Marine Corps Relief Society Prizes

The following is a list of the key personnel for this year's Navy/Marine Corps Relief Society's Fund Drive. The dates and prizes for each drawing are also listed below.

Please contact the appropriate person to purchase tickets. Should you have any questions or wish to volunteer as a key person, please contact Ed Guz at 577-6183 or send an e-mail to guzeb@barstow.usmc.mil.

Brenda German	Maintenance Center	577-7139
Staff Sgt. Larry D. Essary	Maintenance Center	577-7470
Bertie Dailey	Public Affairs Office	577-6430
Meredith Taylor	Human Resources	577-6478
Susan Durant	Headquarters Battalion	577-6969
Cpl. Kelley L. Courtney	Headquarters Battalion	577-6502
Lance Cpl. Gabriel A. Lopez	Comptroller	577-6486
Corina Bonner	Comptroller	577-6619
Barbara Kent	Fleet Support Division	577-7600
Staff Sgt. Donna M. Knolle	Fleet Support Division	577-7353
Staff Sgt. Dennis W. Owen	Semper Fit	577-7052
Heather Hahn	Public Works	577-6736
Ed Guz	Public Works	577-6183
Donnie Keeney	Maintenance Division	577-6710
Loretta Lopez	Base Property	577-6529
Carlos Alborno	Environmental	577-6173
Jennifer Kinsey	Contracting/Purchasing	577-6246
Chuck Waters	Transportation Mgmt.	577-6219
CWO Jeffrey L. Clawson	Transportation Mgmt.	577-6994
Jean Flint	Information Services Office	577-6763
Petty Officer Mary F. Collins	Branch Medical Clinic	577-7808

See RELIEF Page 14

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
OTR-015-01	Sandblaster	02-02-01	03-28-01	02-22-01	MCLB Barstow
DEU-098-01	WG-5423-07 (Temp NTE one year, part time) (Amended)				
DEU-098-01	Environmental Engineer	03-05-01	04-02-01	03-19-01	MCLB Barstow
DEU-103-01	GS-0891-12				
DEU-103-01	Electronic Measurement Equip. Mech.	03-13-01	04-10-01	03-27-01	MCLB Barstow
DEU-106-01	WG-2602-12				
DEU-106-01	Electronics Measurement Equip. Mech.	03-09-01	04-06-01	03-23-01	MCLB Barstow
	WG-2602-11				

Applicants interested in announcements beginning with DEA or OTR should submit their resume to:

Human Resources Service Center, Southwest
ATTN: Code 522 (announcement number)
525 B Street, Suite 600
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

MCLB implements co-mingled recycling

By Cpl. Cory Kelly
BARSTOW LOG staff

The base recently changed its ways and took a dive into the world of 'co-mingled' recycling.

'Co-mingled' simply means that all recyclable materials, except cardboard, can be recycled together. One no longer has to take the extra time to separate the recyclable materials into paper, plastic, glass and metal bins.

To help support this change, the Environmental Department is distributing new trashcans for the office spaces on base.

The new plastic cans, small blue recycling containers affixed with even smaller black trash containers, represent the proper ratio of recyclables to trash in an office environment, which accounts for 80 to 90 percent of the materials produced as recyclables.

Also to be distributed are 97, 95-gallon recycling bins, like those in MCLB's Base housing. These bins will be placed strategically throughout the base, on both the Nebo and the Yermo annex, so that offices can easily dump their recyclable materials, as there will no longer be an office service to pick up recyclables.

Another addition will be two recycling dumpsters, one at Nebo at the west end of Boll field near the Navy Relief drop box and one at Yermo at the corner of 12th and F streets.

How we got to where we are is as simple as looking at ...

By Cpl. Cory Kelly
BARSTOW LOG staff

Some have welcomed the recent change to 'co-mingled' recycling; others have not.

Those who haven't, say the program change was, "the wrong thing to do." Some blamed base officials for, "dropping the pack," and, "copping out," when the recycling effort needed the most support. And others compared nearby installations' recycling programs with MCLB Barstow's and were angered that the caliber of the programs is much different.

But the fact of the matter is, MCLB isn't dropping the pack, by any means, and those who compare other bases' programs to Barstow's and find fault aren't looking at the picture in whole, according to Carmela Gonzalez, an environmental protection specialist at the Environmental Division.

In a nutshell, the only difference between co-mingled recycling and anything else is at sale time. The co-mingled recyclables are worth slightly less.

Gonzales explained that when the base sells the materials co-mingled, vice separated, they are worth less because the recycling plant has to sort the materials themselves. Buyers give a flat rate for each pound of co-mingled recyclables rather than the industry standard for each pound of paper, plastics, etc.

Just the facts

Although the base will make less money on the return of recyclables, the program is less costly - cutting out wasted man-hours separating recyclables - and more in tune with the base's size and structure, Gonzales said. So, the end result should be a considerable amount in savings.

"We don't want people to think that we are

backing away from recycling, because that's not what we're doing. We're trying to make it easier for everyone on base to participate," Gonzales said.

"Every time you make a change people are

See **FACTS** Page 14

Reality hurts

By Cpl. Cory Kelly
BARSTOW LOG staff

"Burn it! Take it to the dump!"

"But whatever you do, DON'T recycle it!"

With all the ads and campaigns that flood streets, schools and TV stations promoting recycling, it's a wonder statistics show a reality almost like the two statements above.

It seems that instead of campaigns diverting recyclables from the landfill it's almost as if people are out there shouting messages of opposition to the recycling effort.



According to a recent study aimed at reorganizing California's recycling efforts by the Little Hoover Commission, Californians divert (recover, reuse and/or recycle) only 12 percent of the materials they come into contact with, the other 88 percent of materials makes its way to land fills.

That ratio is nearly the opposite of what should go into the big blue bin. Carmela Gonzalez, an environmental protection specialist, said the amount of recyclable materials to trash produced in the average office environment is close to 80 to 90 percent. Meaning if the average worker produces 10 pounds of "trash" in a day, 8-9 pounds of that "trash" should go in the blue bin.

Recycle.

Secret's Out: Produce Improves at Commissaries

By Ron Kelly
HQ DeCA Public Affairs

FORT LEE, Va.—It's no secret that produce is a top priority among commissary shoppers — they've said so time and again, in survey after survey. So why is the Defense Commissary Agency keeping a few secrets of its own as it improves the produce departments?

There's nothing hiding under the lettuce, but DeCA guards the travel schedules of its produce assistance team like state secrets. That way the team arrives unannounced and sees the commissary's fruit and vegetables just like any customer would. It's the only way to make sure military shoppers get produce of the best quality and value, and customer feedback says it's working.

"We are making produce one of the main reasons people shop in the commissary," says DeCA Director, Air Force Major General Robert J. Courter Jr. "If you can attract people to your store for produce, they will stay and shop for all of their grocery needs." Many stores already know how to get produce right. Now, it's just a matter

of getting it right everywhere," Courter adds.

That's where the produce assistance team plays a major role. Our best produce departments have outstanding relationships with their suppliers, train their people smartly, equip their departments with attractive fixtures, and apply a keen management emphasis," Courter notes.

"As a result, they offer produce that's as good or better than anything found in the local community - and at great savings."

To help all commissaries meet this standard, the four-person produce assistance team enlists proven commissary produce managers and the best in the business from DeCA's main produce supplier, the Defense Supply Center-Philadelphia. Team members assess the best produce available in supermarkets locally, compare product and price to the commissary, then provide hands-on help where needed to make sure customers get consistent quality and value.

By November 2000, the annual commissary customer satisfaction survey showed the assistance team approach - along with leadership emphasis and workforce attention throughout DeCA

- is moving produce in the right direction. For years, customer satisfaction with produce trailed other commissary components such as overall service, full shelves, convenience and value. Produce moved up two places in the latest survey, which compiled answers from interviews of randomly selected commissary customers last November.

Commissaries periodically listen to their patrons through focus groups that mirror the local military community's mix of active duty, retirees and reserve component members, singles and families. Focus group feedback tells DeCA when it has fixed a problem, and this trend also shows produce is improving. Most focus groups a year ago criticized the local commissary's produce, Courter says, but recently there have been few or no complaints.

"Bottom line," says Polly Ring, a produce specialist in DeCA's Marketing Business Unit, "the team members identify what the stores need to bring them up to DeCA's high standards, and then they stay there and fix it - whatever the issue is."

And of course they keep their travel itinerary under lock and key ... until it's time for the next commissary visit.

Barstow Commissary trains locally in produce management

By Jim Meugniot
Barstow Commissary Manager

Locally, both of our produce specialists, Dawn Ballestracci and Michelle Lucas, have attended special DeCA training classes in produce at our region offices at McClellan Air Force Base, Sacramento, Calif.

Ballestracci has also attended a training session provided by the Los Angeles DSO. This session, held in January, focused on a trip to the produce wholesale market in Los Angeles.

While there, participants learned what indicators of freshness and wholesomeness DeCA's produce buyers look for when purchasing fresh produce for the Commissaries.

In addition to our trained staff of "produce experts" this Commissary

also has available in the produce sales area free recipes and a produce fact book for customers to checkout items they may not be familiar with. There is an active "demo" program arranged through DSO for our seasonal produce items too.

All these factors combined with an active inspection system contributed to Colonel Robert Hicks, DeCA/HQ Chief of Public Health/Food Safety, during a recent visit in February saying, "Your customers should be very happy shopping at this commissary. Your produce department is one of the cleanest and best in overall appearance that I've seen."

Thanks again for all you are doing to promote the commissary benefit in our area.



Proper nutrition is the essence of life

By Cpl. Cory Kelly
BARSTOW LOG staff

The fact that March is National Nutrition month may not mean much to the average Joe, but to Marisa E. Klavon, Semper Fit health promotion coordinator, it is something to be very adamant about. And this year's slogan, "Food and Fitness: Build a healthy lifestyle," is right down her alley.

"This is Life. This is how we live. How our heart kicks and keeps us going," she said before swinging into a tangent about the importance of nutrition. "If [Marines] were all fat and unhealthy going out into the field do you think [they] would last and support our country."

Most would agree, she is right.

Klavon says the first word in this year's slogan, "food," is the most important, everything else should follow.

"Fifty-five percent of all adult Americans are overweight," she said, looking through her book of knowledge on the matter.

The question is how did that 55 percent of Americans get overweight in the first place?

Klavon said it is simply a matter of eating too much of one thing or too little of another. "Of course you don't want to eat a lot of fat. Of course you don't want to eat too many calories," she said.

It's all just a matter of keeping the right diet for your metabolism and your physical activity, according to Klavon.

There is the food guide pyramid to help us along.

According to MARADMIN 096/01, the food guide pyramid is an excellent guide, suggesting a liberal intake of complex carbohydrates, a moderate protein intake and prudent amounts of fats and refined sugars.

The message then clears the airspace on application of the pyramid by stat-

ing that calorie needs vary with the size, age, sex and physical activity performed by the individual, so the number of servings a person requires will vary.

According to an online nutritionist, if the average 40-year-old working a desk job ate all the servings prescribed by the food guide pyramid, that person would most likely be overweight.

"Most people gain about 10 pounds a decade. As you gain weight other things are degenerating in your body. Your metabolism slows down," Klavon said.

According to the MARADMIN message, wise food choices serve as a foundation for good health and better physical fitness and performance.

A statement that proves true as does, "two plus two," and goes uncontested accordingly. Klavon knows. She often hears, "I understand that, I just don't do it."

"Habit," Klavon said, "It's hard to break bad habits."

Not eating enough carbohydrates and too many fats is one of those bad habits.

Carbohydrate consumption replaces glycogen stores, which are lost during exercise. Glycogen, the body's energy stores of carbohydrates, is an essential fuel for exercise and has been shown to improve performance in endurance-type activities lasting more than one hour, according to the MARADMIN.

Another misunderstood staple is protein.

"Protein is used in your body for the growth of muscle tissues and the synthesis of hormones," Klavon said.

Many people feel athletes need a high protein diet to support muscle growth

despite the fact that researchers have repeatedly proven this false, according to the message.

It is also a myth that a high protein diet will promote muscle growth on its own. The truth is, only strength training and exercise will promote changes in muscle, according to the article. Athletes, even bodybuilders, require only

small increases of protein over normal needs in order to support muscle growth.

"The athlete who works out two to three hours a day does need a little bit more protein for his body weight, but there is a formula for how much he needs," Klavon said. "Because if he does get too much, then that extra protein that doesn't get utilized during exercise will just turn into fat anyway."

"That's why you sometimes see the bodybuilder who looks big, but has a little bit fat as well. He has too much protein in his diet."

"Athletes who are doing endurance or strength training do need a little bit more protein than the average person, but not much more."

"We only need a certain amount of protein in our diet. We eat a lot of meats. So most people already get more than what the body needs," she continued.

Klavon said there are different ways of going about getting all that protein, "you can have natural ergogenic aids or supplemental ergogenic aids, but which one is more appropriate?"

"Most [dieticians] agree on natural," she said. "They believe if you have a full nutritional dietary day you can perform just as well as if you were taking ergogenic aids like supplements or diet fuel to get that boost."

"People need to understand that hydration is a key to peak performance."

— Marisa E. Klavon

"The people who need that boost are probably people who don't take in all of their vitamins, nutrients and water throughout the day."

"One package of the Metrix shake has 38 grams of protein. My body only needs 50 grams. So, I would be almost completing my daily needs just having one of those shakes," she said.

According to the MARADMIN, one can get all of the extras they need for their workouts by simply consuming more total calories.

Klavon agreed, "If you eat right and drink a lot of fluids you would never need [supplements]. That's just your basic, general healthy life style."

But aside from carbohydrates and proteins, what Klavon feels is the most important of all, and often the most neglected, is water.

"I don't think athletes drink enough water," she said.

According to the message, water and fluids are essential to maintaining good hydration and body temperature.

"People need to understand that hydration is a key to peak performance," Klavon said. "When you get hot you sweat. When you sweat you lose water, and when you lose water you don't supply your muscles with oxygen."

Klavon explained that blood carries oxygen throughout our body and to our extremities, especially so when one is working out, "so when you don't have any fluids to help carry that oxygen, it makes your heart pump that much faster. You are literally causing your body to slow down."

And you don't want that. You want to be able to last as long as you can. You want to be able to

finish the [Physical Fitness Test] course as fast as you can so you can get a good score."

Sweat losses, to keep the body cool, can exceed several liters in a one-hour period. Individuals should replace fluids lost as body weight during exercise with equal amounts of fluids, according to the message.

Klavon said, "if you were to weigh yourself before you started [working out] where you know your going to build up a good sweat, and then weighed yourself afterward and you weighed about two pounds less, your body is pretty much dehydrated."

"People think their losing weight. They're wrong. Your losing fluids ... and your organs, your heart and your muscles need those fluids."

"Two liters a day. That's it. That's eight cups of water. If you set a two-liter bottle of water on your desk every day, your fine if you don't normally work out. If your working out, drink three," she prescribes.

After an hour discussion on the importance of maintaining the correct diet and eating the right amount of proteins, Klavon concluded, "the main thing for athletes is to stay hydrated. That's key right there. Of course good nutrition is important. But when you are exercising and your losing a lot of water, you need to keep up on those fluids."



AROUND THE CORPS

Blount Island Command: *The third vector of Marine Corps logistics*

By Capt. Steve A. Butler
Headquarters Marine Corps

Since the Marine Corps' 1986 territorial occupation of Blount Island in Jacksonville, Fla., many vital military operational support milestones have been achieved. However, there are still many Marines that are not familiar with this facility that plays a major role in our military operations abroad.

The Marine Corps has been attesting to the significance of Blount Island for the past several years.

"We will achieve our concept for a [Maritime Prepositioning Force] future [at Blount Island] that will provide a previously unachieved degree of strategic agility," said General James Jones, Commandant of the Marine Corps, last September while testifying at Readiness Hearings.

Located just inland of the Atlantic Ocean near the mouth of the St. John's River, this 1700 acre terrain known as "Blount Island" has proven itself to be ideally suited for the Marine Corps Maritime Prepositioning Squadrons. The Blount Island Command operates on approximately one-half of this landmass.

As the Executive Agent for the Marine Corps Prepositioning Programs, Blount Island Command plans, coordinates, and executes the logistics efforts in support of MPS and Norway GeoPrepositioning Programs.

The Maritime Prepositioning Force is a naval projection asset that significantly supports the employment of Naval Expeditionary Forces. MPF provides options for rapid deployment and employment of forces across the spectrum of conventional operations. In other words, cargo ships loaded with food, equipment, medical supplies and many other goods are prepositioned worldwide to equip Marines who are serving in military operations abroad.



Official USMC photo

An aerial view of the Blount Island Command just inland of the Atlantic Ocean in Jacksonville, Fla.

This provides greater mobility and flexibility for Marines who would ordinarily have to "carry" the gear if not for this program.

Blount Island Command is where a small group of hard-charging, dedicated Marines and civilians offload and onload this gear to ensure it is maintained and ready for use.

Fifteen Maritime Prepositioning Ships are leased by the command and are crewed by U.S. merchant mariners employed by the ship operating companies under contract to Military Sealift Command. The MPS program is a national strategic asset. The command

manages more than \$2.8 billion of assets that represent 60 percent of the Marine Corps ground combat equipment.

Currently, Blount Island Command is estimated to have an overall economic impact of about \$400 million annually.

It provides more than 1,000 jobs and does business with over 150 vendors in the Jacksonville metropolitan area. In 1989, Blount Island Command became a subordinate command of the Commander, Marine Corps Logistics Bases.

Col. Christopher C. Kauffmann assumed command of Blount Island Command in July 1999. He, along with

his staff of 108 Marines and 49 civilians ensure the shipping job gets done right.

They oversee offloads and backloads, maintenance cycle operations and strategic "throughput." "Throughput" pertains to Blount Island's capability of receiving strategic-level equipment and materiel from numerous origins, organizing it, and forwarding it to the appropriate requesting agencies in a timely manner.

Blount Island Command is considered one of the premier forward presence prepositioning maintenance facilities in the world. The ability to surge

and berth up to seven ships simultaneously is an outstanding asset unto itself.

The MPF concept remains a relevant and proven capability which provides a cost-effective increase to U.S. crisis response capabilities.

Blount Island Command has repeatedly demonstrated responsiveness to contingencies and improves operational flexibility for combat, disaster relief, and humanitarian assistance operations. For example, the island's additional throughput capabilities were clearly demonstrated during Operation Desert Shield/Desert Storm when 59 ships and over 220,000 tons of unit equipment and sustainment cargo were shipped to Southwest Asia.

The land occupied by Blount Island Command has been under lease to the Marine Corps since 1986.

Realizing the long-term military importance of the facility, the Marine Corps is currently conducting actions that will lead to the purchase of the property.

Since a familiarization meeting held in May of 2000 between Marine Corps representatives and Jacksonville officials, a number of significant events have occurred.

Jones established a formal executive steering committee chartered to oversee and guide the procurement of the Blount Island facility by establishing priorities, approving courses of action, and recommending to the CMC positions as necessary to effect the acquisition of appropriate real estate interests.

Also, Congress appropriated the monies required to accommodate the acquisition goals for the current fiscal year. Jones called the purchase one of the "top priorities" for the Marine Corps.

"We believe we should purchase, by 2004, our important prepositioning facility in Blount Island, Florida," Jones stated.

MCB unveils test track, celebrates

Workers take time-out to relish their success and reflect on



An Amphibious Assault Vehicle treads water in the new test track's splash pool. The pool was constructed to ensure the amphibious vehicles are functioning properly before being shipped back to the Fleet Marine Forces.

By Gunnery Sgt. Frank Patterson
Public Affairs Chief

MARINE CORPS LOGISTICS BASE BARSTOW, Calif. — There were many contrasts between the inaugural ceremony held at Maintenance Center Barstow 40 years ago and the ceremony held March 21.

The chief difference was the location. In 1961 40 mile-per-hour desert winds forced the ceremony to be held inside Building 573. This time old man wind kept his breath to himself.

Many things were similar between the ceremonies also. In 1961, a bright and shiny new organization called Central Repair Division set a solid foot on a path to the future of the Corps. In the recent celebration, the Maintenance Center revealed in the past 40 years and looked forward to another 40.

One way they are moving toward another four decades of success is through innovative programs such as ISO 9002 and developing new facilities like the new vehicle test track.

"You've heard me say on many occasions that our mission is to improve the equipment readiness of our customers," said Col. Ervin "Doc" Rivers, commander, Maintenance Center Barstow. "To do that we focus on three competitive priorities: throughput, quality and cost. The great thing about [this ISO 9002 qualification] is that we've established a quality system while remaining focused on our other two competitive priorities, and that is not an easy job."

"Today we all can take pride in knowing that by becoming

ISO qualified, we've created a legacy of quality and competitiveness that will benefit all who follow."

The feat has also been recognized at the highest levels of the Marine Corps. The Commandant himself added his sentiments in a message extolling the virtues of the ISO 9002 qualification.

"During this time of logistics transformation the Marine Corps is making a point to improve and institute better business practices," wrote Gen. James L. Jones in a recent general administrative message. "The multi-commodity maintenance center at MCLB Barstow has taken a giant step in that direction. The International Standards for Organization ISO 9002 [qualification] attests that your command has met standards of quality management and quality assurance. By embracing and upholding the eight principles for performance improvement, you have made and immeasurable contribution to Marine Corps readiness. "ISO" in Greek means "equal," and your accomplishment has equaled the benchmark set by industry."

"To the Marines and civilian Marines of [Maintenance Center Barstow] please accept my sincere appreciation and congratulations for your superb efforts."

Another way the maintenance center here is moving to meet the challenges of tomorrow is through developing new facilities like the Vehicle Test Track.

The old vehicle testing system was costing the maintenance center more than a half million dollars annually, according to figures from the Resident Officer in Charge of Construction office here. The track will save \$390,000 annually because it is

no longer necessary to transport amphibious vehicles to the Nebo for splash testing. Another \$200,000 is saved because the maintenance center no longer has to pay for controlling the amount of dust generated by the vehicles. Additionally, \$20,000 is saved for fugitive dust.

Other benefits of the new track are the elimination of day transporting restrictions by the California Highway Patrol, and vehicles are no longer suffering from being run through the desert.

The test track itself is a large concrete facility that is big enough to hold a skate park for giants.

The entire 161 acres of the facility is paved with a 1.5-mile track made of Flexural concrete and rubber that holds up better than regular concrete under the intense heat of the summer sun. The concrete was poured to a depth of at least 18 inches to counteract the tremendous weight of military vehicles. More than 24,000 cubic yards of concrete were placed and 175,000 cubic yards of dirt were removed from the facility.

The test track is used to function check all types of vehicle in the Marine inventory. M1A1 Main Battle Tanks, Light Armored Vehicles, Assault Amphibious Vehicles, High-Mobility Multi-purpose Wheeled Vehicles, MK48 Logistics Vehicle System, M88 Recovery Vehicle, M9 Armored Trierer, and five and 10-ton trucks are among the systems that the track accommodates.



40th year, ISO 9000

the benefits of \$3.4M base addition

prohibited vehicles to
\$10,000 is saved be-
cause has to worry about
costs when testing
on emission fines

it eliminates hot
California Highway
weather test damage

crete facility resem-

s surrounded by a
te; a special mix of
r than regular con-
crete desert sun. All
least 10 inches to
military combat ve-
of concrete were
were moved for the

check every combat
Main Battle Tanks,
prohibited Vehicles,
leaked Vehicles, the
Hercules tank re-
just a few of the



MCLB Barstow's "critical mass of doers" gather to enjoy the festivities in front of Building 573.



Maintenance Center Barstow's stamp of ISO 9000 approval is unveiled for the first time. The larger-than-life sign is plated to the front of Building 573 for all to see.



Brigadier Gen. Richard S. Kramlich, Marine Corps Logistics Bases commander, meets the press.



Colonel Ervin "Doc" Rivers holds up the certificate just awarded stating Maintenance Center Barstow is ISO qualified.



MCLB Maintenance Center workers line up for a slice of MCB's 40th birthday cake.



An M1A1 tank cruises around the test track at more than 35 miles per hour during a demonstration for distinguished guests and local media. The track allows workers to test the tanks while sharply minimizing the environmental impact of testing the vehicles on dirt tracks, which generate high amounts of dust and airborne debris.



By Jim Gaines
MCCS Publicity

April Super Sale at MCX

Check out this April Super Sale. Twenty percent off all outdoor BBQ grills - perfect for all that outdoor cooking you'll be doing now through the summer. Twenty percent off houseware items - come in and look over the selection, you'll be surprised and pleased. Ten percent off all DVD players - there's some really great buys here. Look them over and walk out with one!

The Exchange & Super Seven Store is open Mondays - Saturdays 8 a.m. to 9 p.m. and Sundays 10 a.m. to 6 p.m. Call 256-8974 for more information.

The Railhead Exchange at the Yermo annex is open Mondays through Fridays 8 a.m. to 6 p.m. During troop rotation, the Railhead Exchange is open Saturdays and Sundays 9 a.m. to 5 p.m.

This Week's lunch menu

Today - Meat loaf.

Friday - Hoki fish.

Monday - Chicken breast.

Tuesday - Stuffed bell peppers.

Wednesday - Pork Lo Mein.

Thursday - Cornish hen.

Friday - Hoki fish.

Lunch price is \$3 military, \$4.50

civilian. A la Carte, and Sub Sandwiches are also available for lunch.

Lunch is served Mondays through Fridays at Nebo from 10:30 a.m. to 12:30 p.m. and at the Yermo annex from 11:30 a.m. to Noon.

Family Night Dinner menu

Tonight - Beef Stroganoff.

Family Night dinners are served Thursday evenings at the Family Restaurant from 4:30 to 7:30 p.m. Prices: (military & civilian) \$4.50 adults, \$2.50 children (5 to 11 years), children 4 years and under are free. Everyone welcome.

Semper Fit's Nutrition Classes

Semper Fit Health Promotions will be conducting a nutrition class on Monday in the Blue Room of Building 37 from noon to 1 p.m.

Another nutrition class will be held April 30, same time, same location.

The nutrition classes help guide participants to optimum health, and are open to all active duty, retirees, family members and MCLB Wellness members.

For more information call Semper Fit Health Promotions at 577-6817.

YAC spring break begins soon

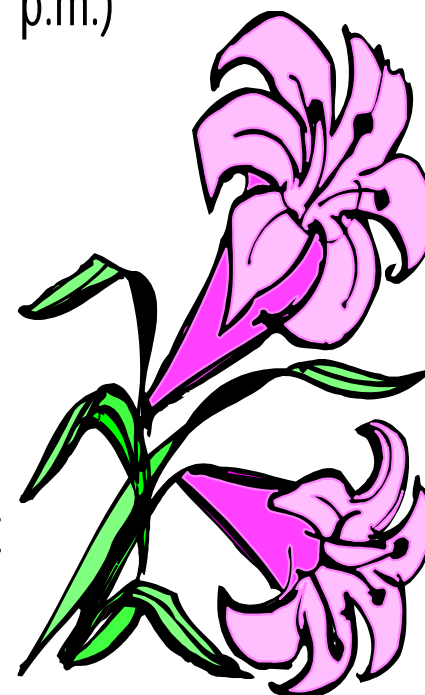
Youth Activities Center's spring break will run from April 16-21. Call for more information at 577-6499.

You're cordially invited to Easter Brunch

AT THE FAMILY RESTAURANT
EASTER SUNDAY, APRIL 15
(From 9 a.m. to 1 p.m.)

MENU

Omlets cooked to order, scrambled eggs, sausage, ham or bacon, oven roasted potatoes, creamed beef, baked chicken, fried chicken, vegetables, biscuits, butter, jelly, pancakes & syrup, french toast, assorted beverages, cereals, fruit and desserts.



ALL WELCOME!

Adults \$6.95, Children 5 to 12 years \$3.95, children under 5 years are free. Reservations are requested 577-6110 or 577-6418.

Education is key to success

VA Secretary notes importance of education and questions ultimate value of MGI Bill

By Rudi Williams

American Forces Press Service

WASHINGTON – “Education! Education! Education! Education is the key to success,” Secretary of Veterans Affairs Anthony Principi exclaimed.

“Young men and women leaving the military who go to school and get that education will succeed in this information age,” he said during a recent interview at VA’s Washington headquarters. “The greatest social program in the history of this country was the World War II GI Bill.”

The nation should take a chapter out of that great social program and bring it to modern days, the secretary said.

“It’s disheartening to know that young men and women join the military because, in part, they’d like to go back to school, but they can’t because of the cost,” Principi said.

“You know, no other program in America requires anybody to contribute anything to get an educational benefit — but we ask our military men and women to do so.”

GI Bill benefits cost service members \$1,200.

Ironically, less than 50 percent of service members who contribute money to the GI Bill use it after leaving the military, he noted.

The problem isn’t laziness or a loss of desire to go to school, but not being able to afford to go to school, Principi said.

He said the monthly GI Bill stipend is insufficient. He pointed out that the cost of a good education has risen dramatically since

the Montgomery GI Bill became law in 1984, and the nature of education has changed.

Principi told a story of a young soldier he met on the demilitarized zone in Korea.

The soldier told him how happy he was to be going home and going to school for a six-month intensive computer training program.

“How much do you think the program will cost,”

Principi asked the soldier.

“About \$5,000,” the soldier responded.

“He didn’t realize that he would get a certain amount per month for only the six months,” Principi said. “He thought he’d

earned \$25,000 in educational benefits, and he’d be able to go to school, and the school would be paid for. He’d served his country; he’d contributed \$1,200.

“I had to tell him he was only going to get about \$500 per month — maybe \$2,500 or \$3,000 total — because his Montgomery GI Bill payments are parceled out so much per month for 36 months,” he said. “This soldier is going to have to find the money elsewhere to pay the difference.”

“He is a perfect example of a service member whose needs are not being met,” Principi said.

The secretary favors accelerated payments as a possible solution.

He also advocates allowing GI Bill benefits to be transferred to dependent spouses or children if the service member decides not to attend school.

“Less than 50 percent of service members who contribute money to the GI Bill use it after leaving the military.”

— Anthony Principi

SGLI increase PUBLIC SERVICE ANNOUNCEMENTS

MARADMIN 130/01

Headquarters Marine Corps

Effective April 1, all eligible Marines will automatically become insured for the maximum coverage of \$250,000. The standard monthly premium deduction will remain 80 cents per \$10,000 of coverage. Therefore, 20 dollars will become the monthly premium for \$250,000 coverage.

On or after April 1, Marines may decline coverage or elect a reduced level of coverage in increments of \$10,000. Such elections must be made on or after April 1, by completing a new SGLV 8286. Any Marine who elects to reduce or decline coverage during the month of April will not be required to pay the April premium associated with full coverage. If the full premium is deducted from the Marine’s April pay, the excess premium will be refunded. Marines who do not decline coverage or make a reduced election during April will be charged \$20 for the full \$250,000 of coverage for April and subsequent months in which the level of coverage remains in effect.



Current VITA Participation

Calico Ghost Town seeks community support

Calico Ghost Town strives to keep the rich history of the High Desert alive.

The history is kept alive, in part, by Calico’s offering of a variety of programs and services.

The “Lane House & Museum” is having a grand opening ceremony May 12 and is soliciting for Calico memorabilia donations and tour guides needed to interpret life during the 1880 mining time period to give park visitors a greater appreciation and understanding of California’s early days.

For more information or to make a donation, please call Serena Steiner at 254-2122.

‘Relay for Life’

The third annual American Cancer Society 24-hour walk/relay camp out starts 9 a.m. June 23 at Barstow High School, Langworthy Field.

To volunteer to help organizers or for more information about participating, forming teams, purchasing luminaries or walking in the Cancer Survivor kick-off lap call Cindy Ulibarri, 256-

0935, or Annette Madero, 256-5691.

NCOA Job Fair

NCOA is a Congressional chartered, fraternal, benevolent, patriotic association of non-commissioned and petty officers from all branches of the Armed Forces, National Guard and Reserve component.

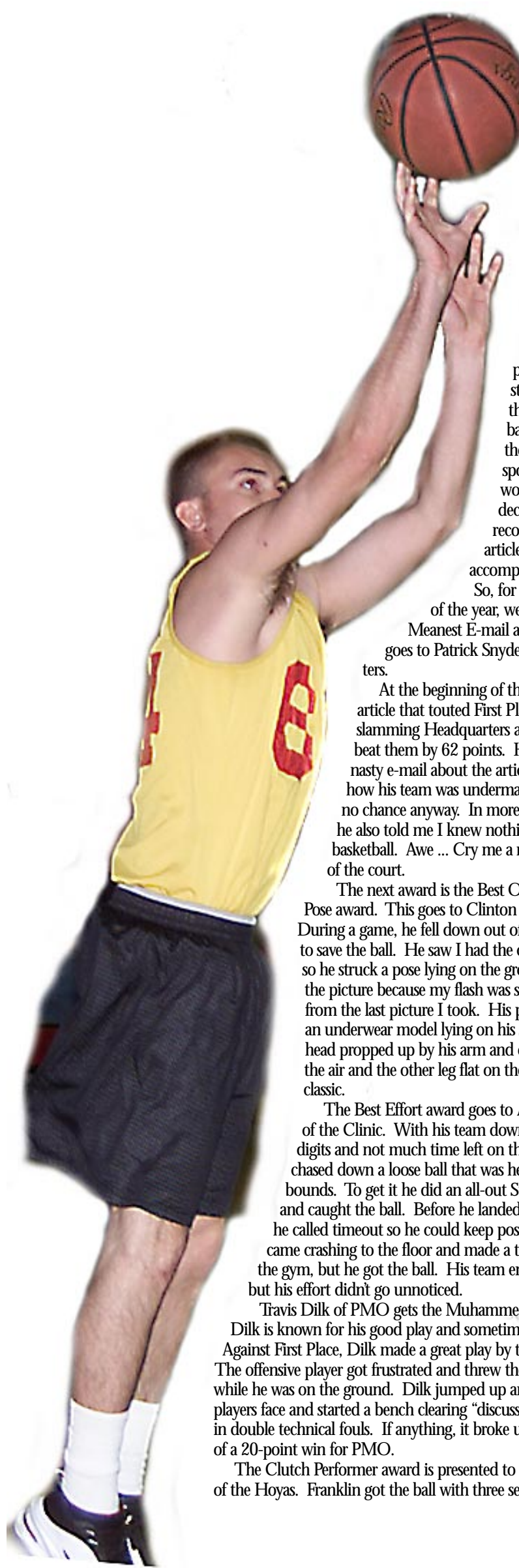
The Non Commissioned Officers Association is sponsoring a job fair April 5 at the Scottish Rite Center on 1895 Camino Del Rio South in San Diego.

The job fair begins at 9 a.m. and ends at 3 p.m.

All services, military personnel, veterans, officers and enlisted are invited to attend.

An NCOA Mini Resume is required for admittance and can be obtained from the nearest NCOA Service Center, at the fair, or off the NCOA Web site at <http://www.ncoausa.org>.

For more information, contact the NCOA Veterans Employment Office at (210) 653-6161 or by e-mail at ncoavea@ncoausa.org.



Season of the Greats

By Lance Cpl. Joshua Barnhardt
BARSTOW LOG staff

To honor the players who stood out during the intramural basketball season, the Barstow Log sports staff (that would be me) has decided to recognize them in an article heralding their accomplishments.

So, for the first award of the year, we have the Meanest E-mail award. This one goes to Patrick Snyder of Headquarters.

At the beginning of the year I wrote an article that touted First Place, while slamming Headquarters after First Place beat them by 62 points. He sent me a nasty e-mail about the article. The noted how his team was undermanned and had no chance anyway. In more words or less, he also told me I knew nothing about basketball. Awe ... Cry me a river there o' lord of the court.

The next award is the Best Out of Bounds Pose award. This goes to Clinton Myers of Fire. During a game, he fell down out of bounds trying to save the ball. He saw I had the camera on him so he struck a pose lying on the ground. I missed the picture because my flash was still recharging from the last picture I took. His pose looked like an underwear model lying on his side with his head propped up by his arm and one knee up in the air and the other leg flat on the floor. It was classic.

The Best Effort award goes to Antroine Smith of the Clinic. With his team down by double digits and not much time left on the clock, Smith chased down a loose ball that was headed out of bounds. To get it he did an all-out Superman leap and caught the ball. Before he landed out of bounds, he called timeout so he could keep possession. Smith came crashing to the floor and made a thud that rocked the gym, but he got the ball. His team ended up losing, but his effort didn't go unnoticed.

Travis Dilk of PMO gets the Muhammed Ali award. Dilk is known for his good play and sometimes a short fuse. Against First Place, Dilk made a great play by taking a charge. The offensive player got frustrated and threw the ball at Dilk while he was on the ground. Dilk jumped up and got in the players face and started a bench clearing "discussion" that ended in double technical fouls. If anything, it broke up the monotony of a 20-point win for PMO.

The Clutch Performer award is presented to Monty Franklin of the Hoyas. Franklin got the ball with three seconds to go

against PMO in the semifinals of the intramural basketball tournament and drove down the baseline. His shot went up after the buzzer sounded, but the referee called a questionable foul on PMO's Jason Grimes before the shot. Franklin went to the line for a one-in-one, which means if he misses the first one, he doesn't get to shoot the second one. He had to hit the first to tie the game, which he did. The second one was for the win, and it drew nothing but net. The game was over. Franklin was the hero.

The next award is the Divine Intervention award. I guess God didn't want Comm to go undefeated this year. His messenger to break up Comm's perfect record was none other than Elmon "The Chaplain" Krupnik. With Comm up by five over the Clinic, "The Chaplain" caught a wide open offensive rebound and put it up for two. After a turnover by Comm, the chaplain spotted up for three and swished it for a tie that sent the game to overtime, in which the Clinic pulled out the major upset.

Our next set of awards are team awards. The first award is the All-Turnover Team. This is a tie between Headquarters and FSC. Hang on to the ball guys.

The All-Charlestown Chiefs award goes to the Officers. If you remember, the hockey team in the movie "Slap Shot" was the Charlestown Chiefs. They were known for their dirty tactics. They never were blatantly dirty, however they were known for the bumps and bruises they handed out while crashing the boards. I don't blame them though. If you aren't cheating, you aren't trying.

The next award is the All-Washington Redskins award. This goes to First Place. Just like last years Washington Redskins, they were a bunch of thoroughbreds put together to win the championship. However, using a team concept once again won against raw talent as First Place proved to be a bunch of individuals doing their own thing. They lost in the semifinals this year.

The next award is the All-Tradition Team award. This goes to Comm, who always wore the same jerseys and always sat on the same bench. The

tradition theory worked all season except the game God intervened on.

The next set of awards are individual awards broken up into teams. The first one is the All-Artillery Team. They are Audie Carson of Comm, Floyd Little of Comm, Darrell Givens of the Hoyas, Mike Sanchez of the Hoyas, and Michael BudabinMcQuown of PMO. They were the biggest long-range threats in the league, making three-pointers like they were lay-ups.

The All-Point Man Team is made up of the best point guards in the league. These guys handled the ball the best and were vital to their teams success. They are Floyd Little, Michael Budabinmcquown, Monty Franklin, Bryan McClune of the Officers, and Anthony Bledsoe of Fire. They caused problems for other teams by driving and dishing as well as shooting the ball.

Next is the All-Redwood Team. These are the best centers in the league. They are Darrell Givens, Walter Olenderski of Comm, Leroy Fearon of the Officers, Craig Posey of Fire, and Jason Grimes of PMO. They played the tallest in the paint and caused problems for other teams by blocking shots and making lay-ups inside.

The next team is the All-Bill Lambeer Team. These guys were the enforcers of the league. They are Francis Babeu of the Officers, Travis Dilk of PMO, Chris Smalls of First Place, Darrell Givens of the Hoyas, and Patrick Snyder of Headquarters. They threw their bodies around and bruised and battered the competition with their physical play.

And finally, the last award for this year is the Most Valuable Player award. It goes to Floyd Little of Comm, who proved to be the catalyst of the best team in the league.

A special thanks goes out to Bryce Catlett and Dennis Owen who

orchestrated the league and helped the Barstow Log with it's stories. Congratulations on a great season.



SPORTS

Marines, soldiers duke it out in NTC Smoker

Boxers view their first times in ring as tough learning experiences

By Lance Cpl. Joshua Barnhardt
BARSTOW LOG staff

Two MCLB Marines went toe to toe against soldiers at Fort Irwin in boxing matches March 20.

Cory Kelly and Joseph Wynne took on opponents for the first time in their amateur careers.

Jason Edmiston and Eric Behar were also scheduled to fight, but Edmiston got a case of food poisoning and Behar was in a weight class that had no fighters to fight him.

"They 'so called' didn't have anybody in his weight class," said Edward Jones, trainer for the MCLB boxing team.

"At the weigh-in he was doing a lot of talking, you know how Behar talks a lot, just a lot of mouth," said Jones. "And the way I see it, he scared the guy away, because he had a fighter, and I guess he talked so much and the word just spread, plus we overheard them say 'Marines are crazy.'"

"Next thing I know, fight time came and they said they couldn't find his fighter," said Jones. "He was nowhere to be found until the sixth or seventh fight. He showed up, knowing it would be too late to fight."

Wynne fought in the Heavyweight class against an opponent more than 20 pounds heavier.

Wynne lasted halfway through the first round before he was rocked by two punishing blows to the head. He then got backed into a corner and took a couple more shots, one so hard it could be felt in the stands. At that point, Jones threw in the towel to save Wynne from being hurt.

He officially lost by a first round Technical Knockout, or as it is better known, TKO.

"He was more or less outclassed," said Jones. "He trained, he was prepared for the fight, but it was questionable as to whether he should have fought the heavyweight."

"I didn't want [Wynne] to fight him," said Jones. "I told him 'I'll put you in there, but as soon as I see that you can't handle him, I'll throw in the towel' and that is exactly what I did."

Kelly on the other hand, more than held his own. The fight started with Kelly taking the offensive.

Halfway through the first round though, Kelly was pushed by his opponent and knocked to the ground. It was scored a knockdown, even though it was controversial.

Kelly came back in the second round to whip his opponent. With one quick blow, Kelly broke his nose. Blood went everywhere. Kelly's gloves were red and white, but after the punch, they were all red.

The fight had to be stopped to clean up the blood, which helped Kelly's opponent regain his composure and get back in the fight. The second round ended with the fight still up in the air.

In the third round, the soldier came out throwing punches, but not landing them. His strategy worked though, as it kept Kelly on his heels. Kelly never really threw enough punches in the final round and it proved fatal for his chances at victory.

Even though he broke the guy's nose, Kelly lost by decision.



Photo by Lance Cpl. Joshua Barnhardt

Cory Kelly (RIGHT) squares off against his opponent in the first round of their fight March 20. The fight was one of the more entertaining bouts of the evening. Kelly was snubbed by the judges and given a loss.



Photo by Lance Cpl. Joshua Barnhardt

Joseph Wynne evades a punch by his opponent. The much heavier opponent beat Wynne by TKO in the first round.

"Kelly's performance was outstanding when you consider the fact that this was his first fight," said Jones. "All the boxing moves that I taught him, he executed in the ring."

"That's was the best fight of the evening. [Kelly] should have won," said Larry Davis, a spectator at the event. "I could see how the judges may have thought the soldier won the first round ... and maybe counted [Kelly's] trip as a knock down. But [Kelly] clearly won the last two rounds."

"He just punished that guy," said Davis, a Silver and Golden Glove champion. "For someone in their first fight, what he did out there was amazing."



Photo by Lance Cpl. Joshua Barnhardt

A winner by a narrow decision. This boxer looks thoroughly defeated moments after his match with Cory Kelly.

SPORTS BRIEFS

All-Marine Triathlon Team

The All-Marine Triathlon Team training camp is at Marine Corps Base Camp Pendleton June 4-12, and the Armed Forces Championship comprised of a 1,500-meter swim, 40K bike ride and 10K run is at Point Mugu, Calif., June 13-17.

The Armed Forces Championship is used to select the U.S. Armed Forces team for the Conseil Internationale Sports du Militaire Triathlon Championship planned for Murska, Slovenia July 2-7.

An All-Marine team of 12 men and 6 women will be chosen by resume. Interested Marines must submit resumes to the Semper Fit athletic director by April 2. Refer to Marine Corps Order P1700.29 for specific details.

The order is online at <http://www.usmc-mccs.org> under Policy.

RELIEF from Page 3

Prizes from Camp Pendleton for tomorrow's drawings, will be four \$100 and one \$300 gift certificate and a Ford Focus.

Barstow prizes for tomorrow's drawings will be a CD holder, two sleeping bags, an air mattress and pump, a \$100 gift certificate, a mountain bike, a digital camera and his/hers watches.

Fridays' drawing winners are as follows:

MCLB Winners

Jermel Johnson
Col. Mark A. Costa
Gregory Johnson
Kaz Clawson
Gunnery Sgt. Bruce Raymond
Master Sgt. Carolyn Fallin
Manuel Joia

Prizes

CD holder
sleeping bags (2)
air mattress and pump
\$100 gift certificate
mountain bike
Panasonic portable CD player
DVD player

(No one from Barstow won in the Camp Pendleton drawings Friday.)

BRIEFS from Page 3

'Semper Fi'

"Semper Fi," a TV movie about recruit training airs 9-11 p.m. Sunday Eastern Standard Time. The show is a pilot for a TV series that wasn't picked up.

Leave Donors

Patricia Gilmore, Production Management Department, has been affected by a medical emergency.

Also, Mark Gomez, Heavy Mobile Equipment Business Center, has been affected by a medical emergency.

Anyone desiring to donate leave under the leave sharing program to either MCLB employee may obtain a leave donor application through their division administrative officer.

For more information call Pat Snyder, 577-7284.

ASMC Luncheon

The American Society of Military Comptrollers is hosting a lunch April 12 at 11 a.m., at the Oasis Club.

The guest speakers are Donald Chevalier and his wife Kathleen. The lunch costs five dollars and advance

payment is due April 6. The menu is sweet and sour pork w/rice and steamed vegetables or a chef salad.

For more information, call Lou Ann Presley, 577-6636, Andrew Henderson, 577-7344, or Sophia Ontiveros, 577-6140.

Chili dog sale

The Information Systems Office is having a chili dog sale Tuesday in front of the main entrance of Building 170 starting at 10:30 a.m.

Chili dogs with cheese and onions will be sold at the cost of a donation of \$1.50 to the Navy/Marine Corps Relief Society. Soda is 50 cents.

For more information call Nancy Johnson, 577-6119.

Taco sale

The Information Systems Office is having a indian bread sale April 5 in front of the main entrance of Building 170 from 11 a.m. to 12:30 p.m.

Indian bread tacos will be sold in exchange for a donation to the Navy/Marine Corps Relief Society.

For more information call Nancy Johnson, 577-6119.

GOT NEWS?

If you think you've got something newsworthy call the Public Affairs Office, 577-6430.

FACTS from Page 4

going to get nervous," Jack Stormo, director of the Environmental Division, said noting that it's the nature of the beast.

Gonzales said people point fingers partly because they don't have all of the information. "You have to understand the different dynamics of different bases for recycling programs.

"Like Camp Pendleton for example; Camp Pendleton has a huge recycling program. But they generate a lot of revenue from their brass sales." Gonzalez said.

She said Barstow doesn't have high-ticket items that places like Camp Pendleton does to turnover the cost-to-profit ratio. "We don't have any high

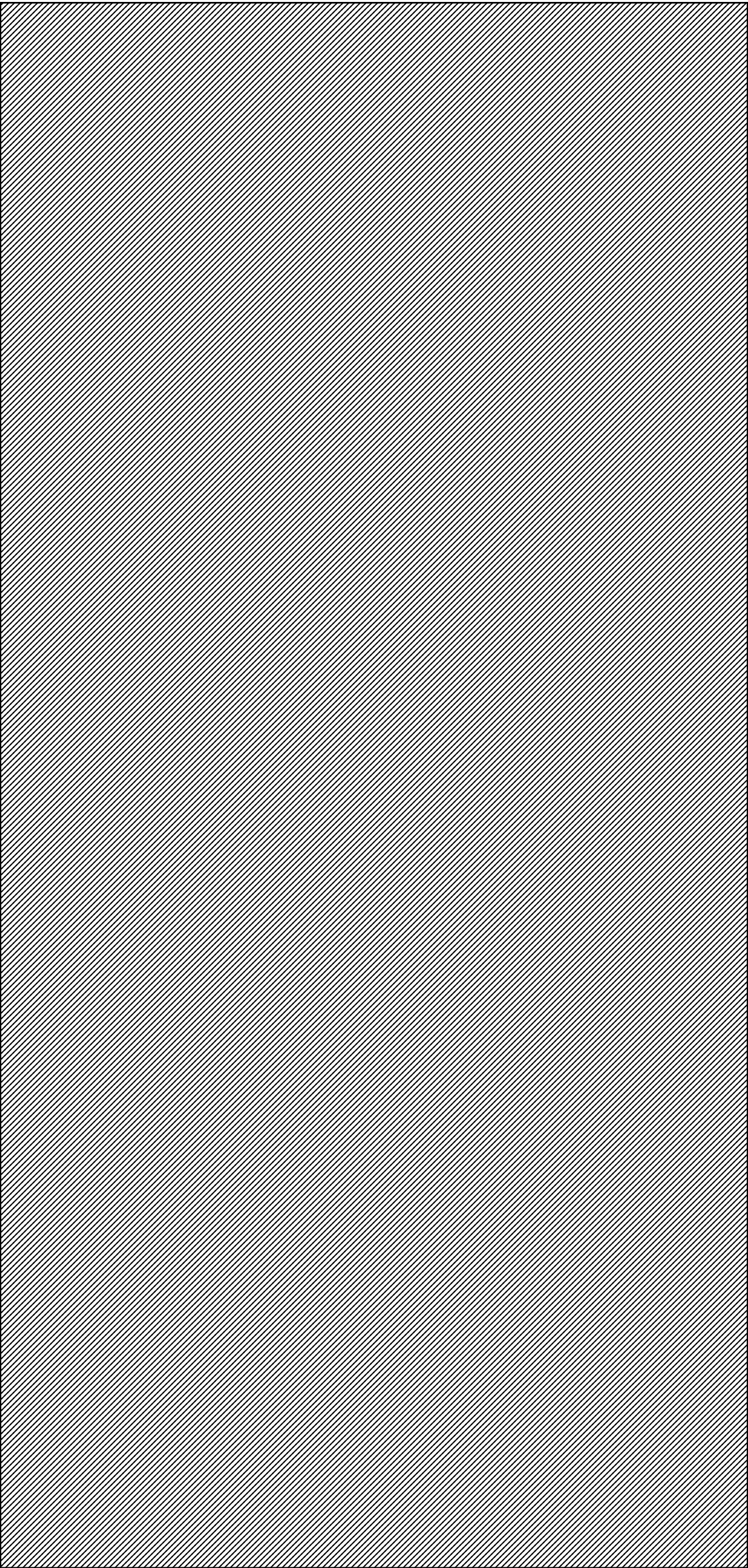
value items in which the recycling program can pay for itself. Our recycling program is funded in-house."

Stormo noted that the base does pull in a considerable amount of revenue from its cardboard sales, but not nearly enough to cover program costs. Last year MCLB diverted and sold 200 tons of cardboard.

Stormo testified that the new commingled recycling program is the, "right thing to do," and says, "we're not dropping the pack.

"It was necessary to change the way we conducted the recycling program. There were some things about it that were inefficient," he said.

Stormo estimates the new program will save the base upwards of \$60,000 to \$100,000 a year.



Please submit all Trader Ads to editor@barstow.usmc.mil.

1996 PLYMOUTH GRAND VOYAGER: Lots of extras, must see to appreciate this great family car, \$12,500. For more information call 252-1908.

1986 CAMARO: V6, 5 speed transmission, AM/FM/CD, new windshield, great idea for graduation gift, \$1,800, OBO. Call 256-2621 or 253-2133 AWH.

1982 FORD PICK-UP: F250, needs minor work. \$750. As is. Call 256-9519 AWH.

1997 TOYOTA PREVIA S/C: Clean inside and out. \$14,000 OBO. May consider payments. Call 255-3045.

1982 FORD JAMBOREE CLASS C: 24ft., fully self contained motor Home, sleeps 6, (7) new 16" tires and rims, 40k original miles \$8,000, OBO. Call 257-4067

TRAILERS: 1996 Pop-up tent trailer asking \$2,900, Call 252-7012 AWH or Cell 409-3253

AUTO PARTS: Headlight set for Mercedes Benz SL models 350, 450, 560. Cost \$1,100 new, Sell \$250. Call 255-3045

SERVICES: Attn. ladies, Aesthetic body waxing and henna tattoos available right here on MCLB. Great rates, call for your appointment, 252-8666.

MISCELLANEOUS: Heavy duty hoist (cherry picker), extendable arm, xlt cond., \$300; utility flatbed trailer, 7' x 10', brakes, tool box, spare tire, chrome wheels, white, xlt cond., \$595. Call 954-1674.

MISCELLANEOUS: Solid dark oak entertainment center, beautiful, in new condition, 70" wide by 60" high. Cost \$1,300 new, sell for \$400. Call 252-4369.

MISCELLANEOUS: Snow chains, 2 sets, never used, one set fits most 14" tires, the other fits most 15" tires, \$10 each. Call 252-2195 AWH.

MISCELLANEOUS: Used wheelchair has three wheels and new batteries, Shop Rider model Sun Runner, New \$2,535. Asking \$1,500 OBO. Call 252-3510.

MISCELLANEOUS: Used 52" ceiling fan, \$10; child's tricycle, \$12; Stanley sliding doors, Model Basic 100, 93" high, \$30 each or 2 for \$60; 3 webbed lawn chairs, \$4 each; baby bath, \$3. Call 256-8803.

MISCELLANEOUS: Pro NordicTrack, xlt condition, \$225. Call 253-4242 or e-mail ndlssumer@iname.com

MISCELLANEOUS: Girl's Li'l Tikes cottage-style twin-size bed and mattress, xlt cond., bed head has cottage-style roof, and a window to store dolls, etc. must see, \$150; Alpine stepper, very good condition, make offer. Call 253-2677 after 5 p.m.

MISCELLANEOUS: Barrel racer, healthy, loving 10 year old qtr/appy. Intern. To Adv. \$2,200 (includes some tack) 952-1934 (Silverlakes)

MISCELLANEOUS: Bar w/2 barstools, 2 tier, black leather padding w/mirrored front and footrest, xlt cond., \$200. Call 247-9783.

MISCELLANEOUS: Water bed, king size with mirrors, lights, storage upper and lower, mattress, heater, 2 sets of sheets, ready to go. \$400 firm. Call 254-1978.

MISCELLANEOUS: Sofa set, 7 foot and 5 foot, cream/beige European design \$350/both; Oak end table, \$10; dark walnut baby grand piano, \$1,500; 6-drawer dresser \$25; Kenmore range hood, almond, 30", like new, \$15; table lamps, antique bronze, \$30; Hoover vacuum cleaner, \$20; Sears electric lawn mower, \$25. Call 255-3045.

YARD SALE: March 30, 31 and April 1, 8:00 a.m. — 6:00 p.m., 33993 L Street, Barstow Heights.

